

# Prevention Strategies for Parents

Set a GOOD example for your kids!

Don't use illicit drugs.

Don't use tobacco.

Use medication according to directions.

Use alcohol in a low-risk way, even if that means "NO USE!"



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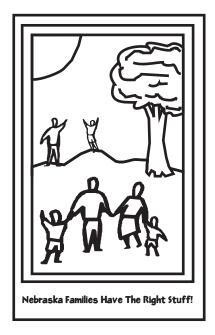
Know where your child is, who your child is with, what your child is doing, and make sure your child knows how you expect him or her to behave.

Set and enforce curfews.

Share supervision with other trusted adults.

Write down and post rules and routines.

This activity is supported in whole or part with funds provided by the Safe and Drug Free Schools and Communities Act of 1994 and the Substance Abuse Prevention and Treatment Block Grant and administered by the Department of Health and Human Services.



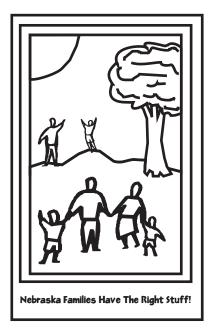
### Prevention Strategies for Parents

Set a no-use rule that clearly states "In this family, we don't allow tobacco or other drug use, ever; and we don't allow drinking alcohol until legal age!"

Talk about why you have the rule.

Monitor and enforce the no-use rule.

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### **Prevention Strategies** for Parents

Live with positive ideals and bonds.

**Good Manners** 

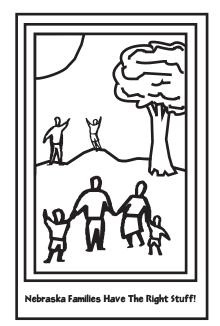
**Shares With Others** 

**Trustworthiness** 

Good Attitude

Kind and Friendly

**Positive Relationships** 



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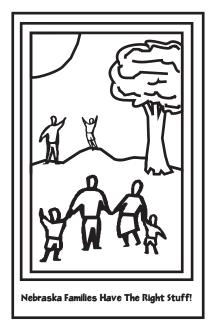
Make sure your child's behavior leads to consequences. Positive behavior = positive consequences. Inappropriate behavior = negative consequences.

Not too strict and not too lenient.

Consistent and timely.

Logical or natural consequences.

Nebraska Alcohol and Drug Information Clearinghouse Nebraska Regional Alcohol and Drug Awareness Resource Network www.prevlink.org - (800) 648-4444



#### **Prevention Strategies** for Parents

Let your child know you love him or her; support; care; accept; be affectionate

Hug!

Smile!

Listen!

Share!

Love!